

My Personal Account of Isolation

Since the country was put in lockdown due to COVID – 19 we've all had to adjust routines that were once second nature and be put into a position which can be very mentally draining. Searching for a routine or way to cope with no definite end near. The way I have personally found the best is to make sure I stick to a strict routine during the day that allows me to stay busy whether that's through college which is now online, learning new skills/ languages, working out or taking time to group call friends that I would usually see a lot of the time. Another thing I think helps is to stick to your usual sleeping schedule, or if you didn't have one then take the time to build one, so that when things do go back to normal it becomes less of a shock to your body that you have to get up and can't sleep through the day. Also checking in on people like friends or family members you can't see, making sure they are doing okay as if any good can come out of this it should be that we become closer and realise the true fragility of life. The most important thing I think is to make sure that once in a while you switch off the news and take a moment to do things that you liked to do that still obeys the restrictions set in place, and remember that it will come to an end whether that's in a couple of weeks or months.

